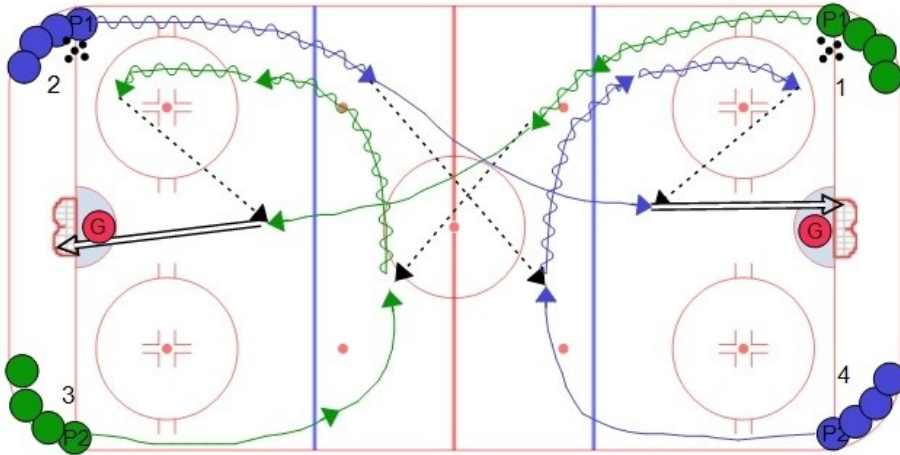


# Stretch and Go Flow



## Notes / Coaching Points



## Description

This is a good [full ice](#) warm up drill that involves a couple passes and a shot from the high slot. Most of the time in this drill there are four players in action at the same time although the repetitions are slightly staggered.

To set up place four equal lines in each corner. In this case lines 1 and 3 (Green Lines) will go first. Lines 2 & 3 will go when the first two players get to the blue line. P1 starts with a puck and skates along the wall into the neutral zone. P2 starts without a puck along the wall into the neutral zone and then swings into the middle to receive a pass from P1. P2 receives the pass and enters the zone where they came from. They stay wide and carry the puck down below the dots. If they are on their forehand they can get on their inside edges and wait for P1 to present a target in the high slot. If they are on their off-hand they can open up so they are making a hard forehand pass. P1 will receive the puck in the high slot and shoot. Encourage players to receive and shoot as quickly as possible.